



TARANAKI DISTRICT HEALTH BOARD

RESOURCE ROOM

PUBLIC HEALTH UNIT,
TARANAKI DHB

Issue: 5—2019

July/August 2019

What's on in July/August—Hōngongoi/Here-turi-kōkā 2019

- 28 July World Hepatitis Awareness Day
- 30 July International Day of Friendship
- 1 August World Breastfeeding Week
- 9 August International Day of Indigenous People
- 30 August Daffodil Day

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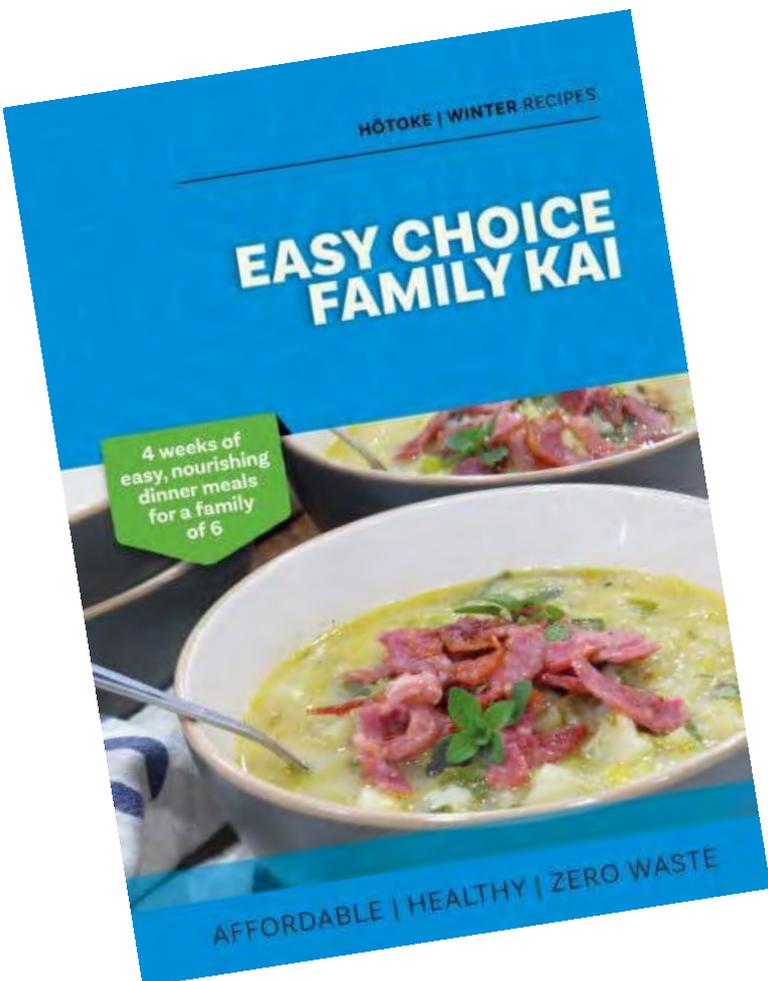
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resource.room@tdhb.org.nz



Some of the sites where resources are sourced from



New & Revised Resources



The book is full of handy tips



I have on hand another free recipe book compliments of the New Plymouth District Council.

WINTER Recipes

About Easy Choice

Easy Choice helps families, shop for, cook and eat nourishing and affordable food. This is one of four seasonal cookbooks which contains four weekly meal plans. Each week has five dinner recipes. Each meal should feed a family of six or four adults.

The recipes in this cookbook are designed for winter—as they use winter produce and are perfect for cold nights—but they can be made any time of the year.

All of the recipes are **nutritionally balanced** and include plenty of healthy ingredients such as vegetables, beans and wholegrains.

The meals are designed to be **zero waste**.

Shopping Tips

The meal plans are designed to cost approximately \$60 a week.

- Buy the basic supermarket brand
- Buy in bulk
- Stock up on specials—stock up on meat when its on special and freeze it until you need it
- Frozen is cheaper than fresh
- Shop around to save money

New & Revised Resources

New - Child Asthma Resources

ASTH20 – Asthma First Aid (A4 Poster)

First Aid

ASTHMA

Assess



Mild
Short of breath, wheeze, cough, chest tightness.

Moderate
Loud wheeze, breathing difficulty, can only speak in short sentences.

Severe
Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

If the person has severe asthma or is frightened, call an ambulance on 111.

Sit



Sit the person upright and stay with them.

Mild symptoms
Treat with 2 doses of reliever inhaler.

Moderate or severe symptoms
Move on to the next step. →

Treat



Treat with 6 doses of any reliever inhaler.

When possible, use a spacer. Treat with 6 doses of reliever inhaler, one puff of medicine at a time, taking 6 breaths per puff.

Help



If not improving after 6 minutes, call an ambulance.

Continue to use the reliever inhaler - 6 doses every 6 minutes until help arrives.

Remember

- 6 doses of medication
- 6 breaths per puff
- 6 minute wait

In this situation, you will not overdose the person by giving them the reliever every few minutes.

Monitor



If improving after 6 minutes, keep monitoring.

If necessary, repeat doses of reliever inhaler.

All OK!



When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur repeat treatment and rest.

Remember
It is important to always see your doctor after an asthma attack.

Download [My Asthma](#) app for asthma information, first aid, and an electronic Asthma Action Plan! Available on Google Play or Apple App Store.



Asthma + Respiratory
FOUNDATION NZ
asthmaandrespiratory.org.nz

ASTH21 – Asthma First Aid (A4 Poster – Te Reo)

Asthma
Tūroto

HUANGŌ

Huaina



Ngāwari
Hāmanawa, ngāe, māreimate, eme ita.

Kiāno
He kāha te ngāe, hā wāwa, kōreoro poto noa.

Tāuina ha
Awāngawā ngā, hā pūpūha, he wāwa te kōreoro kua rāa ngā kapa, kikorangi tēwaha.

Mē he tāuina ha te huangō
he mata ki rānei te tāuina wāeā te Wāka Tūroto 111.

Uruora



Mē whakarohotō te tāuina, ka noho ki tōna taha.

Mē he kino, hoatu kua rāa pahū i te ngongō wākaonora.

Ngā tohu mā te kino, tāuina ha rānei
Horee ki te tūwae wākaonora. →

Āwhina



Hoatu kua ono pahū i te ngongō kikorangi.

Kia wāhi kua ha ngā tē nei i anōno ngongō. Kāinga kua kotahi te pahū songō i ā wā. Kia ono hā ki te pahū kotahi.

Ngāngā



Mē ka pau ana te ono miniti, ā, kōre e pai te haere, wāeā te Wāka Tūroto 111.

Kia kāha te hoatu i te ngongō kikorangi kua 6 pahū i te 6 miniti, tē wā mā i te wāhina.

Kia māuina haere
- Kia 6 ngā pahū songō
- Kia 6 ngā hā ki te pahū kotahi
- Kia 6 miniti te tātari

Mē te pānei i kōre e taea te tūroto te pōta wāwa i ā ike e hoatu ana i te ngongō i ā ono meneti.

Oranga



Mē ka pau te ono miniti, ā, ka pai mā arotūru ki haere tonu.

Ki te tino āhei, tukuruaia ngā pahū i te ngongō kikorangi.

Ka pai



Kia māte te ngāe, te māreimate, te hāmanawa rānei, e hōki ki tētahi māhi māhi.

Ki te hōki mā i ānei i tohu māte, tukuruaia te mānoa tangā, ā, ka wākaonora.

Mē māuina haere
Mē haere kua kōre hā tōkura wāhi māiri i te pāngā ki te māte huangō.

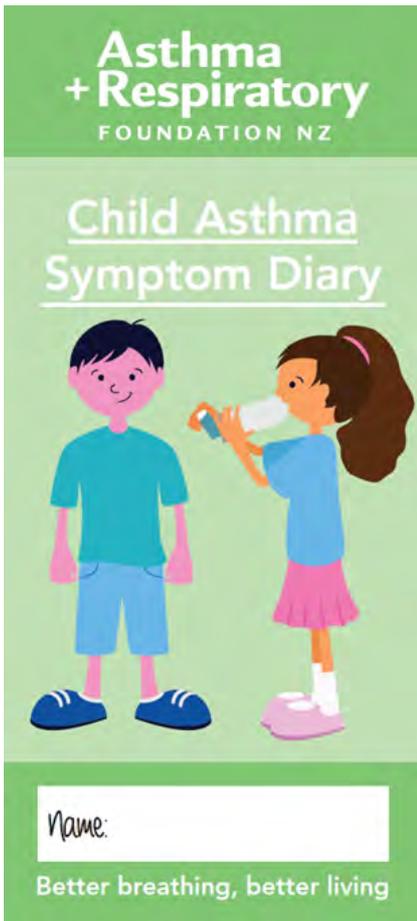
Mē tikiāke te taupāngā Taku Huangō mā ngā mōhichio huangō, te whakaora ohotata, me tētahi Mahere Mahi Huangō tāhikō E wātea ana i Google Play, Apple App Store rānei.



Asthma + Respiratory
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asthmaandrespiratory.org.nz

Child Asthma Resources

CHH0026 - Child Asthma Symptom Dairy



Maximum
of 10 copies
per order

CHH0027 – Child Asthma Symptom Dairy – Te Reo Version



CHH0024 – Child Asthma Action Plan



Maximum
of 10 copies
per order

CHH0025 – Child Asthma Action Plan -Te Reo Version



CHH0023– Managing your Child's Asthma (A5 Booklet)

Maximum of 5 copies per order



The hongi symbolizes the breath of life.

It recalls the moment when Tāne breathed life into Hineahuone, the first earthly woman.

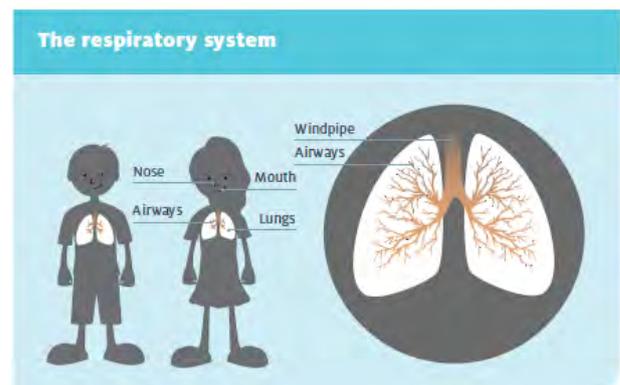


Asthma is a common New Zealand illness, but it's scary when it affects the child you care for. The good news is that asthma can be well managed.

This booklet is for the parents, whānau, and other caregivers of children with asthma. It will help you make sure your child stays fit, healthy and happy. You will learn how to help prevent an asthma attack and what to do when one takes place.

This booklet will help you to answer these questions:-

- What is asthma?
- What are the symptoms of asthma?
- What are the triggers for asthma?
- How is asthma treated?
- What should I do to manage my child's asthma?
- What should I do in an emergency?
- Should my child be physically active?
- Who can help?
- Who are out asthma health providers?



Help for the Tough Times Resources

Created by teenagers for teenagers

MNH0095—Help for the Tough Times (A2 Poster)

MNH0096—Mental Health Wellbeing Resources

MNH0070—Help for the Tough Times Pocket Guide

New, Revised and changes to Ministry of Health (HealthEd) Resources to be aware of

Immunisation Update

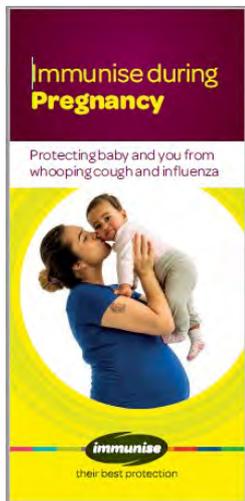
There has been a minor change to the Immunisation Schedule which took effect from 1 July 2019 (with the removal of 28 to 38 weeks duration for the pregnancy Boostrix immunisation).

This will affect the key resources of:-

- HE1308—National Immunisation Schedule (A4 card)
- HE1323—Childhood Immunisation (A5 booklet)
- HE1327—Immunise your child on time (Pamphlet)
- HE1221—Immunise-their best protection (Poster)
- HE2521—Immunise-their best protection (Te Reo Poster)

HE1308 has been reprinted. The other resources will have updated PDF's available on HealthEd from 1 July, but will only be reprinted as they fall due in their usual production cycles. The two posters may go online-only from 1 July 2019 until the major schedule change in 2020 (that is to be confirmed however).

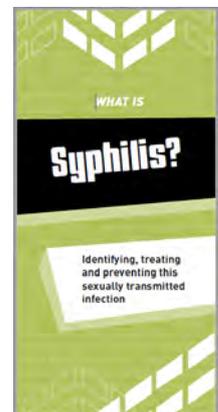
Age	Disease to protect against	Vaccine
9 months	Tetanus + diphtheria + whooping cough (pertussis) Influenza	Boostrix™ Trandivax
6 weeks	Rotavirus (first dose must be given before 15 weeks) Diphtheria + tetanus + whooping cough (pertussis) + polio + hepatitis B + pneumococcal influenza type b (PHi) Pneumococcal disease	Rotarix® (oral) Infanrix™ hexa Synflorix™
3 months	Rotavirus (second dose must be given before 25 weeks) Diphtheria + tetanus + whooping cough + polio + hepatitis B + pneumococcal influenza type b (PHi) Pneumococcal disease	Rotarix® (oral) Infanrix™ hexa Synflorix™
5 months	Diphtheria + tetanus + whooping cough + polio + hepatitis B + pneumococcal influenza type b (PHi) Pneumococcal disease	Infanrix™ hexa Synflorix™
15 months	Pneumococcal disease Cholerae (oral only)	Synflorix™ Vaxine™
4 years	Diphtheria + tetanus + whooping cough + polio Measles + mumps + rubella	Infanrix™ IPV Mivaris™
11-12 years	Tetanus + diphtheria + whooping cough Human papillomavirus (HPV)	Boostrix™ Gardasil™9 (2 doses, 6 months apart)
45 years	Tetanus + diphtheria	ADT™ Booster
65 years	Tetanus + diphtheria Influenza Shingles	ADT™ Booster Glyvax™ annual Zostavax™



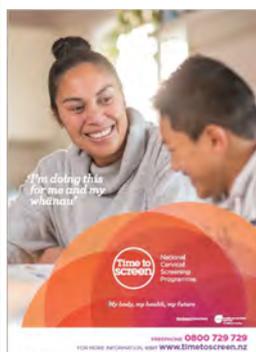
HE2503—Immunise during pregnancy has also been updated and is now available as a PDF; a new te reo translation of this (HE2580) is presently in development and will be available soon. A number of additional translations ie Samoan, Tongan, Hindi, Simplified Chinese and Traditional Chinese are also being developed and will be available to view as online PDF's from end of July also.

New Syphilis brochure

A new brochure has been developed in both English (**HE2576**) and te reo (**HE2577**) and this is expected to be available to order by the end of July. This is part of the sexual health resources suite.



HE4598—Understanding cervical screening results & **HE1838**—Certificate



Screening A3 poster, both redesigned using new brand and minor content changes throughout—please discard old stock



HE1420—Your pregnancy has had a minor change to amend the period of eligibility for paid parental leave from 18 to 22 weeks, therefore this new version should replace your existing stock given this is a significant Government policy shift.

